



### What is Incredible Years ?

Professor Carolyn Webster-Stratton, University of Washington, Seattle, developed and researched the Incredible Years Parent, Child and Teacher programmes over the last 30 years and they are now recognised as proven programmes which have won awards internationally.

### Incredible Years in Limerick

Incredible Years programmes have been running in Limerick since 2008. The programmes are run across Limerick City in schools and community locations.

Parent programmes are open to anyone who looks after children as a parent does. This could be a grandparent, other relative, or foster carer as well as a father or mother.

### Incredible Years

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What other parents said about the Parent and Baby Programme

“ Learning that I was doing lots of good things and how to do more, I learned to relax,.....”

“Practical skills and learning from the other mums”

“Meeting and building relationships with professionals, parents and their babies and supporters. it was a joy each week to gain knowledge and develop in IY”

“The most helpful part was explaining my problems and getting ideas off others how to sort it out. I like the chats and listening to others knowing I was not the only one in the situation”

## Incredible Years Limerick Parent and Baby Programme



*“The vision of Incredible Years Limerick is for all children to reach their full potential.”*



**Incredible Years Limerick congratulates you on the birth of your new baby.**

**You and your baby are about to start a remarkable and exciting journey together, a journey that will bring many exciting new discoveries, memories that will last a lifetime and a bond that will last forever.**

**In the first year of life, your baby will grow at an amazing pace, you will share their first smile, hear their first sounds and hold their hand as they reach out to you.**

**Incredible Years would like to be there with you both as you take your first steps on this wonderful voyage.**

## **Incredible Years Limerick Parent and Baby Programme**



**As a parent we know that you want your baby to have best possible start in life. To help you achieve this, we would like to offer you the opportunity to take part in our parent and baby programme.**

**The parent and baby programme runs for 8-10 weeks.**

**On this programme you will learn about ...**

- Communicating with your baby - learning to understand their cries, smiles and gestures
- Ideas on how to encourage baby's learning with fun and games
- Information on feeding & sleep patterns
- A chance to meet other mothers and share your experience
- Support from other parents

